

Jenny's Spinach With Sweet Walnuts

Spinach is brain food and a great defender against cancer, stroke, heart disease, and osteoporosis. And it turns out that cooked spinach provides even more health benefits than raw. It used to be a lot of work to wash spinach but with the pre-washed bags of baby spinach, this dish takes very little work.

1 Tablespoon water
1 Tablespoon sugar
1/4 cup raw walnut pieces

1 teaspoon olive oil
1 clove garlic, minced
9 oz. bag baby spinach
1/4 teaspoon salt
pepper to taste

1. In a small saucepan dissolve sugar and water over medium heat.
2. Add walnuts, stir and cook about 5 minutes, until liquid is gone. Remove nuts to large plate and separate them so they don't stick.
3. In a large fry pan heat the oil and sauté garlic for one minute, being careful not to burn.
4. Add spinach and cook about 5 minutes, stirring occasionally.
5. Stir in walnuts.

*makes 2 servings